

# LAMBDA

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to acknowledge that obesity is not simply an eyesore – it is a major risk factor for a large number of deadly diseases like hypertension, diabetes, high cholesterol, heart disease, and even many types of cancers.

Recent scientific studies have shown that high-calorie foods rich in fats, refined sugar and salt could reconfigure the hormones in the body in such a way that they make you crave for such foods and always leave you asking for more.

In other words, fast food is kind of addictive; you get hooked on to it and continue consuming it in an uncontrolled way in spite of knowing that it is unhealthy. The more you consume, the more difficult it is for you to opt for healthy foods.

The situation is worse in case of children who from a very young age get hooked on fast food. Making them change their food habits from fatty and sweet foods and develop a taste for health-promoting fruits and vegetables is a task easier said than done. Such children would grow up to be obese adults who have never felt the advantages of being a healthy weight.

To sum up, consuming fast food on a regular basis leads to many health hazards. But bringing about changes in eating habits is not easy.

To start with, a simple change that one could make is to successively reduce the frequency of eating fast food and eat more frequently home-cooked food, with plenty of fresh foods and vegetables.

Slowly, as you start experiencing the health benefits of this change, a day will come when you will have lost all your desire for junk food and a mere thought of that fat-dripping greasy food and the consequences of eating it will be revolting to you.

## Fast Food Effects on Health

In today's age of convenience, fast food needs no introduction. Everyone from a 2-year-old toddler to a 60-year-old grandpa seems to be enjoying it every chance they get. And why not? It's delicious, it's filling, is really affordable, and readily available just any time of the day, being only a drive through phone call away. What more can you ask for when you are living life in the fast lane? Well, plenty – fast food is all good tasting, except that it is

not nutritionally balanced and, therefore, unhealthy in the long run if consumed on a regular basis.

Fast food is loaded with calories from refined sugar and fats (especially, the artery-clogging saturated and hydrogenated fats, which are repeatedly reheated to high temperatures for frying purposes).

It is also very high in sodium, coming from common salt and other additives. On top of all this, fast food is

deficient in dietary fiber and essential micro-nutrients like vitamins and minerals.

To make matters worse, heaps of fast food are normally guzzled down with gallons of sugar-rich colas – which many fast-food restaurants serve free with food as an incentive.

To make a long story short, all this results in piling up of unused empty calories in the body, which get stored as body fat – till one day you look in the mirror and realize

that your great figure has been replaced by this creature in the mirror.

But that's not the end of the story, it's just the beginning – consuming too much fast food not only turns a handsome guy into an unsightly obese man, but as Eric Schlosser points out in his book it is a big health hazard too.

And being physically inactive only adds to the problem of obesity. Not many people who love fast food are ready

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Include your full name and student number. Please keep articles to a maximum of 700 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexist, for length, or legal purposes. Letters of a harassing or slanderous nature will be dealt with by the proper authorities.



**Jason Miller**  
Editor-in-Chief  
2008/2009

Music has the power to cause emotions to well up within us. These feeling we receive from music depend on our mood, past experiences, or could come from nowhere. Music enhances our brains, describes who we are, colors our moods, affect our thought process, and aids in everyday life. Everyone reacts different to music and nobody is completely emotionally neutral to music! This is one of the only mediums that can dig into our deepest emotions and most confidential problems.

Music is an extremely versatile mean of communication. As university students we use music to help with everything like: sleeping, entertainment, studying, creativity, and much more. One philosopher stated

that "music is the gateway to our soul" and depending on your mood while listening to music your reaction will differ.

Arguably one of the most powerful medium, music can change the world. One example is John Lennon who wrote the song 'Imagine' that today is an anthem for the flower power era. Not only does music have affect on large scale but on small scale as well. Music helps people through hard times, relaxes tensions, and motivates people.

Music is known to endow the listener with aesthetic or intellectual pleasure. It can be simple, complex, and subtle, these features may reside in one of the different aspects of the music e.g. rhythm, melody. Some of the greatness of music however, lies in its holistic nature that all the elements

form a unique wholeness, which may not be understood by studying the parts separately. However complex, music is readily appreciated by the mind without the need for formal knowledge.

Many athletes today are under a scientifically derived and powerful performance-enhancing stimulant..... Music. Walking around the Laurentian University weight room you notice a majority of students and staff listening to music devices while working out. It gives athletes an edge and keeps them focused. What type of medicine can help cure depression, inspire athletes, relax stressful days, and help with daily activities? The answer is nothing.

Music is a key staple in my everyday life. I listen to music so many different ways like: during the creation of LAMB-

DA, before sporting activities, to wake up, to motivate, and to relax me (just to name a few). Now with everyone listening to music, the statistics of students that follow through with playing instruments are limited. Most students take music throughout elementary school but how come they never follow through with it after school? With the power that music possesses, the deepest emotion it reveals, how could people not be more interested in playing an instrument. Time may be a very big factor that inhibits people from picking up a new instrument, but at the end of the day it is just an excuse. So stop pushing off learning a new instrument or playing an old one. The power of music will affect your life and make it better.

Until Next Time  
Jason Miller

## LU Food Drive - A Smashing Success!

**Mustafa Abdulhusein**  
Science and Technology Editor

One thing that constantly holds true for the LU community is that it never ceases to amaze. In the previous issue of LAMBDA, it was reported that the food bank was in need of dire support. Well, the pictures speak for themselves. The Laurentian University staff, students, and community deserve a big thank you for really coming through. Undoubtedly, many students make use of the SGA Foodbank, and it requires the support and co-operation of the entire community. The suc-

cess from this single food drive is a shining example of what Laurentian is capable of as a community.

Special mention goes out to Tariq Alladin and Meadowlark Lemon - a band composed of two Laurentian students: Jonathan Danyliw and Clayton Drake. They played at the Towne House Tavern and they asked the audience to bring canned food especially for the LU Food Drive. Undoubtedly, this is a prime example of Laurentian students helping Laurentian students. Thanks Meadowlark!

As an after-thought, the food bank isn't open for donations solely during a food drive! To

the contrary my fellow student! Donations can be made throughout the year. If times are tough for you right now -what with the current economic peril- chances are that things are just a little tougher for someone else. So be generous! Donate food to the LU food bank whenever you can.

Finally, in addition to the SGA, the School of Education, the Human Kinetics Secretary's office, the Alphonse Raymond E07 and the Midwifery department all provided critical drop points for food. This was crucial, as it facilitated the drop-off process for students from all over campus.

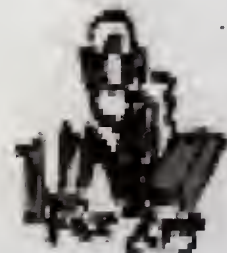
Keep up the great work Laurentian!



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**Joe Zamojski**  
Assistant Editor  
2008/09

## Welcome Back Laurentian

Welcome back from a hopefully nice and relaxing reading week. I had been hearing of many people going away somewhere south, I myself did not however. This would have been a nice change of scenery, and I hope people did enjoy their vacation. For those of us who did not get a chance to escape to someplace warm, there are only a couple months until we get to enjoy that warm weather here. Talking about warm weather, doesn't everyone just want this coldness to go away? Even though I do enjoy several sports and events to do with winter, such as pond hockey and skiing, I think I could take a break from them for a while again. I am sick and tired of having to experi-

ence cold temperatures, not to mention my far, cold walks to classes. Before the warm weather can fully appear, we first must complete the remainder of this semester. School is coming to an end very quickly, and before we know it exams will be here. I don't know about you but the work just seems to be non-stop from this point on, like always around this time. We are almost into the month of March, meaning one month of classes left to go before exams. My exams seem to be very close together this semester, which increases my work load at this point in time, seeing as how I have to leave time to study in March. However, I cannot truly complain about my exam schedule, since I am done in

the beginning of April. Talking about school and the end of the semester, there are many things to think about other than classes this upcoming month. SGA is now having their annual general election. This is a time for you to speak out and become aware and active in our university association. Many things can be looked at and changed to the way you think the campus should be run. Also, the many kinds of events you think should be added to our agenda in the year. There are many positions to become active in, which will be up for nomination this year. These include; President, Vice President of Services and Student Issues, Special Needs and International Affairs Commissioner, Off Campus

Representatives, and Senators. The nomination period starts on February 23rd, 2009 and the other important dates are available at the SGA office, or online on their website [sga@laurentian.ca](mailto:sga@laurentian.ca). These are all great positions, and a way of getting involved in what happens here at Laurentian. If you do not want to run for any of these positions, please come out and vote! Another school event that is going to be taking place is "Freeze for the Fees". This is an event where students go outside in protest of highly-expensive student fees. They eat, sleep, and freeze for 24 hours to raise awareness of the high tuition fees that are present. Tuition fees seem to be ever increasing over time. It is hard to believe that uni-

versity students should be almost penalized for trying to get an education. How does the government expect us to afford going to school if the fees just keep increasing? I'm sure that many of you have something to say about this topic, and are probably struggling in some way. If it be debt, or not enough funding, etc. these are all very good reasons to be active in this event. Who knows, maybe one day it will make a difference.

These are just a few topics to think about. I hope everyone is relaxed and ready to finish off this semester. Keep these events in mind this month, while dealing with your busy schedules. Staying calm, cool, and collected is the key to success in the next few weeks. Good luck!

## Sleep is Important ..... Are You Getting Enough?

**Joe Zamojski**  
Assistant Editor

Being in university can be very exhausting after a while. Figuring out a schedule and fitting everything in can be difficult. Homework, studying, everyday life activities (shopping, cooking, cleaning, etc.) and some free/social time as well, are all things we need to fit into a schedule while being in university. This can be hard, and usually means skipping out on one of the most important things for our body.... Sleep. Sleep deprivation is very common in today's society. From experience, personally I believe it is a common problem of many students.

There are many symptoms of sleep deprivation. The first sign of being over tired is usually very often yawning. Also people tend to doze off in non active situations, such as watching television or a movie. People with sleep deprivation tend to be very groggy and fatigued from the time of waking in the morning, throughout the entire day. Because of this we tend to be very moody and irritable. Does this sound somewhat true for you? I know it does for me personally. Through all of these symptoms we are known to be a lot

more accident prone, and make bad judgments. There is a definite lack of concentration that accompanies these symptoms as well. This lack of concentration also leads to minimized memory and efficiency. Being in university, concentration, good judgment, and efficiency are very important. We need to be very aware of our surroundings, and able to focus in order to attain good standing academically.

There are many causes of sleep deprivation, which apply to university students as well as the everyday individual. The main cause of this disorder according to the Better Health Channel is "personal choice". Like stated above other things tend to take precedence over our sleep. Also, many people do not realize the appropriate sleep time that is needed for our body to function healthily at its full potential. The next cause of sleep deprivation is known to be illness. Colds, viruses, and infections can cause frequent waking, which does not allow the body to sleep restfully throughout the night. Colds also cause snoring sometimes which again causes a fragmented sleep pattern. Another reason for lack of sleep is work, especially shift work or people who travel for long periods of time to and from their desti-



nation. These types of work tend to cause erratic sleep patterns in people. While in university, especially in residence style housing, the sleeping environment is a main cause of sleep disturbance, which leads to this deficiency. As well, some individuals actually have a sleeping disorder such as sleep apnea, and in these types of cases individuals should talk to their doctor. There are other causes for sleep deprivation, but these are seen as the most common.

So the question to be answered is how much sleep is enough? According to the Better Health Channel,

teenagers and adults, depending on their schedules, need about eight to ten hours of sleep per night. University students fall into the category of approximately nine hours because of their busy lifestyles. There are some suggestions for getting better sleep stated by the Better Health Channel. Some of these include, going to bed at an earlier time each night, do not drink alcohol, caffeine, or smoke in the late hours before bed time, improve your sleeping environment, and use relaxation techniques before going to bed to relax your mind and body. If there are major signs of insomnia

and nothing helps you sleep, talk to your doctor or health care professional about getting assistance with you sleep.

Many people suffer from sleep deprivation. It is very common for university students like you and I. Sleep is very important in our body's ability to function at its best. Using some of these tips in improving your sleeping patterns can help in many other areas of your everyday life. Being in university, the more concentration and focus that is present the better off us as students will be. So, the question to ask yourself now is ... Are you getting enough?



Amy Minsky  
The Concordian

# RCMP takes on pirates

Over the past several weeks, the Royal Canadian Mounted Police have arrested six movie pirates.

The RCMP announced on Jan. 28 that four individuals allegedly involved in illegal distribution of counterfeit DVDs had been arrested. Two days later, they announced they seized over 12,000 pirated copies of new releases from two businesses in the Greater Toronto Area. Piracy is the single largest threat to the motion picture industry in the United States, according to the Motion Picture Association of America.

An industry report released in 2005 claimed piracy cost the major American motion picture studios \$6.1 billion worldwide. Sixty-two per cent of the losses came from piracy of hard goods, such as DVDs. The other 38 per cent of losses come from Internet piracy.

Each pirated DVD the RCMP confiscated last month was

allegedly being sold for between \$4 and \$7, making the total value of the bust somewhere between \$48,000 and \$84,000.

Marc LaPorte, RCMP media relations officer for Ontario, says the monetary value of seized material would have gone directly into the pirates' pockets.

"With DVDs, we're talking pure profit," he said.

All of the alleged pirates arrested in

January ran their businesses in Ontario. Tony Chan, whose name has been changed for this story, has helped his father run a counterfeit DVD store for four years.

"It's a lucrative business," Chan said. "Very, very lucrative."

His father's store can rake in \$3,000 to \$4,000 per week-

end during the regular season. During the business season, such as Christmas, this number jumps to about \$10,000.

Even though Chan says the shop has been raided six or seven times, they have never been fined, so there is no incentive to shut down the business.

Laporte says DVD pirates are

typically pursued under the copyright act. Copyright infringement is punishable by fines up to \$1 million and a prison sentence of up to five years.

The store is surrounded by dozens just like it. Many of the stores have entered pricing wars and offer DVDs for as little as \$2 or \$3, says Chan. His father, however,

has maintained a price of \$5 per DVD or five for \$20.

Many of the sales are made to consumers who don't know how to download movies or convert them to a suitable format.

"Other customers," Chan said, "are people who simply don't want to pay \$50 or \$60 for their family to go to the theatre."

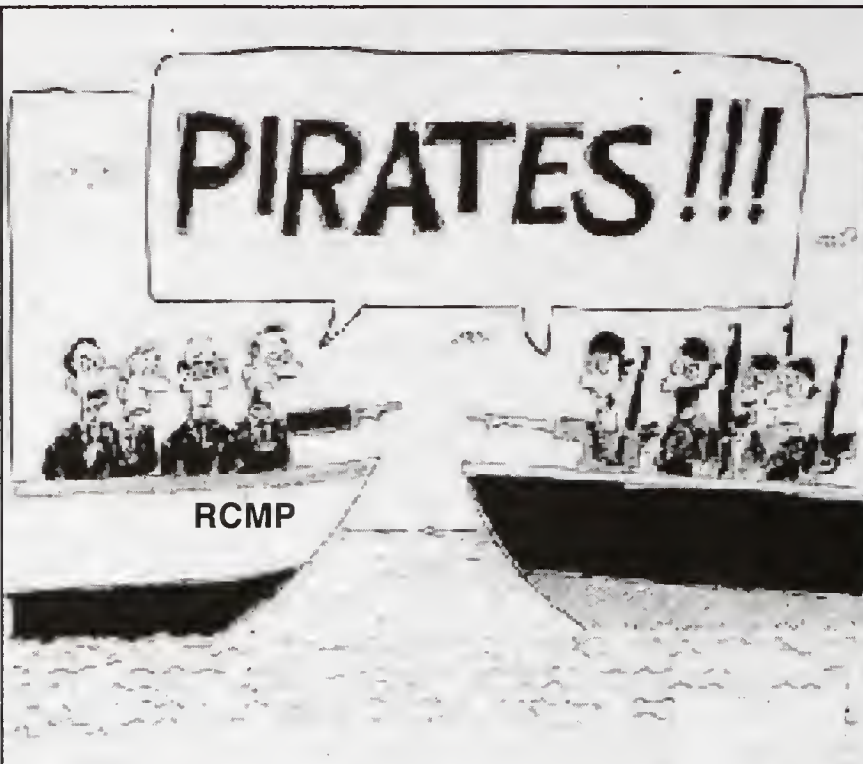
Counterfeiting is nothing new, says LaPorte.

"It's always been going on," he said. "It's just the nature of the good that changes."

The RCMP investigates counterfeiting of things like pharmaceuticals, car parts, and even food.

"The RCMP gives the highest priority to investigations involving counterfeit products with health and safety implications," LaPorte said.

"On average, the RCMP conducts more than 400 counterfeit-related investigations which results in 500-700 charges against people and/or companies each year."



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# Have The Courage To Get Up And Ride The Wave

**Robert Kirwan**

Host of the Learning Clinic  
on CKLU 96.7 FM

The next time you have a chance to watch people surfing, either in real life or on television, spend some time observing them and perhaps you will get some insight into what is happening in our world today.

The surfboarders all go out on their boards and wait for a wave. Some of them sit on their board waiting and waiting for just the right wave. A few of them end up sitting there all day and never get a chance to surf because the wind dies down before they find what they are looking for. Others take whatever wave comes along and just get up and ride. The ones who get up and ride every wave sometimes end up with a weak wave and their run is soon over. Others get on a wave that is too large and they are unable to stay up, crashing to the water after a while. And then there are the ones who get up on

a wave and ride it with precision and skill all the way to the shore. For them, that is the moment they were waiting for. Everything comes together just right and they experience the thrill of a perfect ride. Spectators on the shore as well as fellow surfers on the water look with envy at the surfers who can stay up on their wave and ride it out with so much skill.

The truth of the matter is that the surfer who finds just the right wave and rides it to perfection may not even have been the surfer with the most experience or talent. He just happened to be in the right place at the right time and took advantage of getting up on the wave. He RODE THE WAVE that was provided. He did not create the wave.

And so it is with most successful people in the world today.

We often look up to highly successful business people or athletes as if their "surfboards" were making the waves they rode. They know, and we often overlook, that they're just riding the waves of circumstances and situations that came their way.

They have taken advantage of the opportunities that crossed their paths and have made the best of it.

For example, Bill Gates is recognized as one of the best-known entrepreneurs of the personal computer revolution. Do you think Bill Gates "created his own wave"?

The personal computer age really took off in the mid-70's. Bill Gates and his partner, Paul Allen both dropped out of university to write software programs and form their own little company that they called Microsoft. There were many people like Bill Gates who also, around that time, began computer companies. And, like Bill Gates, most of them were born in the mid-50's. Bill Gates was born in 1955. Paul Allen as born in 1953. They were born in the right place at the right time.

Bill Gates and Paul Allen, along with several other famously successful people in the computer industry, were no different from all of the others who started up similar businesses. In much the same way as the surf-

boarder who rode the wave perfectly and captured the attention and admiration of all on shore for his demonstration of skill wasn't the only one on a board waiting for the right wave to come along, Bill Gates was the one who ended up on just the right computer wave at just the right time.

If Bill Gates would have been born in 1951 or 1959, would he still have been as successful? Would he still be one of the richest men in the world? Not likely. Someone else would have seized the opportunity and taken hold of it. That someone else would have been ready to get on the perfect wave when it came and Bill Gates wouldn't have been there to take advantage of the momentum. Bill Gates didn't create the computer revolution. He was in the right place at the right time and was able to use his personal skills and talents to maintain his balance and make all the right moves. The rest is history.

The secret of success is to be ready to take advantage of the opportunities that come your way. Just like the surfer – when a wave comes along, you must be ready and have the courage to get up and ride it. It just might turn out to be the wave you were waiting for all along. If not, then get up on the next one and ride

it. One of these times you will end up on the right wave and you will be successful. Don't be like the surfboarder who simply sits on his board on the water passing up wave after wave waiting for the right one to come along. When a wave comes – get up! When an opportunity comes along – get up!

We are all sent many opportunities in our life. The secret to success is to take advantage of those opportunities and "go along for the ride". It may not be the one we were waiting for, but unless we get up and try, we'll never know what might be in store.

The Prep School that Bill Gates went to was one of the few schools in the nation that had one of the first computers. If he had gone to a school that didn't have a computer he may never have even become interested in them. And he was born at just the right time. What if he would have turned down the request of his partner and stayed in school to graduate from Harvard instead of dropping out to form a company? We'll never know because Bill Gates was satisfied in "riding the wave" of opportunity and rode it successfully.

Be ready! The next wave is coming along soon. Don't let it pass you by.

Have a good week.

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# THE BLACK HISTORY MONTH

"NOW THEREFORE, I, Mayor David Miller, on behalf of Toronto City Council do hereby proclaim February 2009 as "Black History Month" in the City of Toronto."

Mohamed Jalloh  
LUACSA Press

As Canada and the United States join the people of African descent in celebrating the Black History Month, We want to start our prep with the words of one former slave which also became Dr. King's favorite quote: "O Lord, we aren't what we wanna be; we aren't gonna be what we wanna be; but sure we aren't what we were."

The celebration of black history emanates from the feelings of rejection of black people by the American society and the desire of some educated blacks to counter the negative use of the word 'black' in the literature of many languages. In the literature of most languages, particularly the English language, black is often synonymous to evil or anything negative. However, the Black History Month has become instrumental in neutralizing such derogatory contemporary use of the jargon-black, and, instead, make an unflinching endeavor to hail not only the word-black, but also the achievements of black people in the United States and around the world.

The month of February has been widely regarded in North America as the Black History Month. However, the idea for celebrating the history and achievements of black people has been ongoing since the beginning of the 20th Century. Then, it

was called the "Negro History Week." Dr. Carter G. Woodson, a Harvard graduate, was the pioneer of the idea to celebrate black history. In order to accomplish his goal, Dr. Woodson founded the Association for the Study of Negro Life and History in 1915. His legacy lives on and, today, it is referred to as the Association for the Study of Afro-American Life and History. As an ambitious scholar, the association he founded was not quite enough to bolster this daunting task; therefore, in 1916, he added to his laurels by establishing the widely respected Journal of Negro History. As the number of readers of his journal increased a decade later, he launched the Negro History Week in 1926 as an initiative to cajole national attention to the contributions of black people in the United States. The question we should be asking is; why did Dr. Woodson chose the month of February to be the Negro History Week? The choice was a deliberate one. Dr. Woodson realized that most of the individuals who helped to advance black liberation were born in February. At the same time, and, Coincidental as this may be, most events with regards to black causes also occurred in the month of February. See the following dates and events just to mention a few:

- Frederick Douglass- born in February 1817, Mr. Douglass was an abolitionist and

founder of the journal-North Star.

- Abraham Lincoln- born on February 12, 1809. He once said "With malice toward none, with charity for all... let us strive on to finish the work we are in; to bind up the nation's wounds..." President Lincoln believed slavery was an unjust practice.

- W.E.B. Du Bois- born February 23, 1868: A civil rights leader who helped, among others, found the National Association for the Advancement of Colored People (NAACP).

- February 3, 1870- the 15th Amendment was passed, blacks became eligible to vote.

- February 25, 1870- Hiram R. Revels (1822-1901), the first black senator, took his oath of office.

- February 12, 1909- The NAACP was founded by a group of blacks and whites in New York City.

As we celebrate Black

History Month this February, 2009, we should all bear one thing in mind; that the chapter of black history would be incomplete without recognizing the efforts of white civil rights activists. In Canada, Toronto is leading in promoting black causes by not only proclaiming February as the Black History Month, but also including January 19 in its proclamation as the Dr. King's day. Black history is a history of inclusion of all peoples and not to be restricted to darker skin people alone. The historic election of President Barack Obama should remind all that Black history is a collective endeavor and its celebration should be done collectively. Dr King famously said that "what affects one directly, affects all indirectly. I can never be what I ought to be until you are what you ought to be. This is the interrelated structure of reality." These words also

resonate with Toronto Mayor, David Miller: "WHEREAS Reverend Dr. Martin Luther King Jr.'s legacy to society is the leadership he demonstrated through his commitment to justice, equality and the elimination of racism... NOW THEREFORE, I, Mayor David Miller, on behalf of Toronto City Council do hereby proclaim January 19, 2009 as "Martin Luther King Jr. Day" in the City of Toronto."

Like Dr. King, I believe in global connectivism in human relations; therefore, we the members of the Afro-Caribbean Students Association of Laurentian University, hereby, invite all students and non-students to join in the celebration of the Black History Month this February of 2009.

Laurentian University Afro-Caribbean Student Association (LUACSA) Press

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# Atheist buses spark religious ad war

There probably is an atheist bus, now stop worrying and enjoy your life

Joe Howell

CUP Ontario Bureau Chief

**D**ogma will soon be hit by karma – or rather, busma – in the streets of Toronto.

So-called 'Atheist Buses' are coming to the city on Feb. 16th, sporting a provocative ad that reads: "There's probably no God. Now stop worrying and enjoy your life." It's got a few in a flap, but it's mostly just got people talking.

Modeled after a nearly identical campaign already underway in Britain, the ads are intended to help make "atheism become part of the mainstream" public discourse, says Justin Trottier, president of the Freethought Association of Canada.

Trottier's organization is behind the Canadian branch of the now international campaign, and has already raised over \$34,000 here

from individuals and anonymous corporations to run the message on Toronto's public transit and elsewhere.

While the Atheist Buses will also eventually be touring in Calgary, and perhaps Vancouver and Ottawa, Halifax has already nixed a similar ad on its public transit.

There, an ad that read: "You can be good without God" was rejected for being too "controversial," and the company in charge of managing transit ads in the city wrote: "All advertisements must meet acceptable community standards of good taste, quality and appearance."

Some believers find the Atheist Buses anything but. Charles McVety, president of Canada Christian College, was quoted in the Toronto Star as saying: "If they want to attack other people and show intolerance for [their] belief systems, then that is . . . bigotry, and

public space is no place for bigotry."

Other religious groups are taking the transit ads as an opportunity to generate a larger discussion. The United Church ran a similar full-page ad in the Globe and Mail on Saturday, showing the first

message but also including a second option: "There's probably a God. Now stop worrying and enjoy your life."

Underneath, it plugged wondercafe.ca, where anyone can vote for either choice.

"Probably no God" was leading by about 500 votes at press time.

Faithless automobiles on the streets, and God losing on the Internet. Your grandparents are probably shaking

their heads.

Trottier is pleased, however. "The theist point of view has had a lot of press – it's monopolized the press for 10,000 years."

When asked about the United Church counter-campaign, he said: "I love it. I welcome that opportunity to engage in a debate."

Michael Bourgeois, University of Toronto associate professor of theology and member of the United Church, would have liked to

see his church respond a little differently, though.

"I thought it was odd that the existence of God was a cause for worry . . . if that's the God you don't believe in, I don't believe in it either."

While he admitted the riffing counter-ad was "kind of clever," he would have written the response as follows: "Yes there is a God, now stop worrying about yourself and start helping other people."



## Laurentian @ Georgian Students Organize Symposium

Ben Istaphan

Lambda Writer

**O**n Wednesday, February 4th, representatives of the World University Service of Canada (WUSC) at Georgian college held a symposium on the United Nations Millennium development goals. In September 2000, the UN, with the support of the international community, signed a Millennium Declaration in order to address 8 specific goals, including the eradication of poverty, combating HIV/AIDS, promoting gender equality, and ensuring environmental sustainability.

Dan Robinson, co-chair of WUSC at Georgian college and a 3rd year Laurentian student, played a large role in organizing the event. "I mentioned the whole idea a couple of months back. I thought it would be a very effective way in raising awareness at the campus."

A hand-full of Laurentian academics were invited to speak on the matter. Political Science Professor, Michael Johns, stressed the importance of goal number eight, developing a global partnership for development. According to Johns, the world is becoming more globalized, and states, who were once the primary actors in international affairs, are losing power. "The world that we know, the only world that we know, is dying and it's dying very quickly. That world is the state."

Johns also spoke of the dilemma in attempting to balance the needs of multinational corporations with the needs of various humanitarian agencies. "How do you use a multi-national corporation, which is to make money, to share and get involved with goal 8?" asked Johns during the symposium.

Shaun Hodgeson, also co-chair of WUSC at Georgian college, explained the grave consequences when corpora-

tions operate unilaterally. Hodgeson specifically focused on the water war in Bolivia a few years back, when the people took to the streets to protest against privatization. "The World Bank issued loans in exchange for corporate control of water, but the people began to organize, determined in the fight to take back their water," Hodgeson stated.

The purpose of the symposium was also to shed light on the terrifying realities that plague a world in which most Canadians are not exposed to. One child dies every three seconds due to preventable diseases, while half of the world's population lives on \$2 or less everyday, yet these gripping facts have yet to garner enough international attention. All this sounds insurmountable, but by simply writing a letter to your local MP or even purchasing fair trade products, could resonate into something greater.



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# Charitable Events Successful Because of LU Students



Jacqueline Miller  
Arts & Entertainment Editor

The 6th Annual Airbandz had a fantastic turnout, raised a lot of money for the Northern Cancer Research Society, and has some surprising results. The Fraser Auditorium was nearly full the night of the event, and students were eager to purchase 50/50 tickets, raffle tickets, and food and drinks to contribute to the amount of money that was raised. Students were out in full force to support those they knew in the Airbandz groups, as well as family members and other who simply came out for the entertainment

value of the show. There was an intro video that the Airbandz organizers had created to kick off the evening, followed by four groups who performed before the intermission and three groups who performed after the intermission.

The hosts for the evening, Baz, Tiago, Magnum, Sean and Dave, also known as the CiPiCa group, or the winners of Airbandz last year, were very entertaining and had numerous skits carefully prepared to pertain to the individual group that they were introducing. They even prepared a short Airbandz of their own to perform while the judges were deciding the winners of the events.

It turned out to be a tough choice, as there was a tie for

third place for the first time in Airbandz history. In third place was Diversity and Eh?, in second place was DANCE and the 2009 winners of the Laurentian Airbandz competition was Inco. Honourable mentions go out to Black or White, The Blue Man Group, and the RA group, who put a lot of time and effort into their Airbandz and were excellent and entertaining. The judges certainly must have had their work cut out for them, because I know that from all the groups I saw, I would have had a hard time choosing and probably would have tried to get a four-way tie for third place so that everyone would get the recognition that they deserve.

At the end of the night, the

large cheque handed to the representatives from the Northern Cancer Research Society read \$17,500. It's great to see the response from the representatives when they accept the cheques in situations like these, and I think that all the students at Laurentian should be very proud of themselves for helping to contribute all of this money to the Research Society. A lot of time, effort, and dedication was put into collecting and raising the money and I think it is very important that we recognize that fact.

Another event that took place at Laurentian was the Charity Ball on January 31st, a semi-formal dance held in the Great Hall to raise money of the Maison Vale Inco

Hospice. The theme of the Charity Ball this year was Blackout, and students arrived at the Great Hall to find the windows blacked out and black lights placed around the front of the room. Many people has dressed for the occasion, wearing white or other light colours to take advantage of the effect of the black lights.

The event was organized by the members of the SGA and was a fantastic event to attend. It was a licensed event with a wristband policy, so everyone was able to attend, and had the added incentive of the chance to win a trip for two somewhere warm if you had purchased a ticket before a certain date.

The students in attendance were clearly having a great time, because everywhere you looked you could see people smiling – especially because the black lights made everyone's teeth so easy to see. There was also a 50/50 draw going on that night, with members of the SGA circulating around the room to see if anyone wanted to purchase a ticket. The grand total raised for the Maison Vale Inco Hospice was \$2,500 and the winner of the trip was Christine M.

The SPAD department held their annual Suitcase Party in the Pub Downunder on February 6th. The event had a beach theme, and it seemed that students were certainly eager to be rid of the snow as everyone showed up in their summer clothes and danced the night away. The evening was full of door prizes and giveaways, including luggage sets won by Kevin B. and Curtis B., a pair of Toronto Maple Leafs tickets won by David H., a pair of Toronto Raptors tickets won by Andrew H., and an all-inclusive trip for two won by Ryan B.

The event was a huge success for organizers and students alike, as students enjoyed a great evening and almost forgot that there was snow outside on the ground, and the organizers were able to raise money to go towards the annual fourth year SPAD field trip. There were even prizes awarded for best costumes, and some of the outfits that appeared in the pub that night were quite humorous.

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Jacqueline Miller

Arts &amp; Entertainment Editor

# State of Shock coming to Laurentian!

## Great Hall to be turned into Rock Concert Venue

The rock group from Vancouver will be coming to Laurentian on Saturday March 7th to perform a concert in the Great Hall starting at 9pm. State of Shock has been propelled by their hit "Money Honey" which has already reached platinum in Canada and has a near-permanent spot on the Top 10 at many Canadian radio formats. State of Shock is composed of Johnny Philippon (Drums), Jesse Wainwright (Guitar), Cam Melnyk (Vocals), Simon Clow (Guitar), and Alison Toews (Bass).

Philippon, Wainwright and Melnyk were the original members of State of Shock,

who have been in a variety of bands together since the late 1990s. Toews joined the band in 2003 after replying to an ad looking for a female bassist, and Clow was the last member to join the band. In 2004 they won an influential Canadian Radio contest and spent two years touring in a van, followed by the creation of their breakthrough album *Life, Love & Lies* in 2007. They work on all of their songs together during very lively creative sessions, and write about the real things that have happened to them. All of the members have different bands and artists who inspire them, which fuses together and

helps them to create their sound, the elusive 'classic rock' sound which can be heard throughout the album.

The concert is being organized and hosted by three students from the SPAD Event Management class; Joel Butler, Fernandes Godomon, and Sean Wilson. While there have been roadblocks on the way to getting the concert up and running, such as finding out that the original performer they had booked was in fact banned from Laurentian University, the event is coming together very well. Thanks to the



SGA, they were able to get a list of available bands, and from there were able to get in contact with State of Shock and book them for the event. State of Shock had been

mentioned earlier in the planning process, so event organizers were happy to be able to get them in the end. There will be an opening band as well, but no hints as to who it may be. Surprise guests are always exciting to see.

The tickets for the concert are \$10 in advance or \$15 dollars at the door, which is a fantastic deal when you consider the price of the average concert ticket. The event will be licensed, students from Laurentian may attend if they are underage, but all non-Laurentian attendees must be over the age of 19. Tickets are on sale at the SGA office and the SPAD office, as well as a ticket booth that will be set up throughout the week.

The annual frosh concert is one of the most anticipated events of first semester, and as such it seems likely that this event will garner just as much attention. I would recommend getting tickets in advance as event organizers are anticipating a sold out event, and hearing all about it from others simply isn't the same experience. I am really looking forward to this event as I have been hearing songs from State of Shock on the radio a lot, and would love to see them live.

The money raised from this event will go towards the annual fourth year SPAD field trip where the students will get to conduct research, and prepare and present recommendations to real sports or non-sports organizations. It is a great way for the students to gain valuable experience and skills for the real world, and all of their events provide us with the chance to get out and have a good time.

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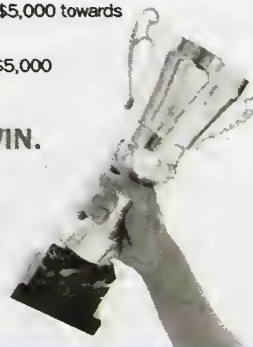
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3rd place = \$1,500 cash and a scholarship worth \$5,000 towards the CGA program of professional studies.

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Additional information about the format of the contest and the rules and regulations is available at [www.cga-ontario.org/contest](http://www.cga-ontario.org/contest).



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Jacqueline Miller  
Arts & Entertainment Editor

## Flavia Cosma at Laurentian

Romanian/Canadian poet part of LUMINARIES Reading Series

On February 6th, award winning Canadian poet Flavia Cosma came to the Brenda Wallace Reading Room as part of the LUMINARIES Reading Series organized by the English Arts Society.

Cosma was born in Romania and received a Masters in Electrical Engineering at the Polytechnic Institute of Bucharest, later followed by two years of Drama. She immigrated to Canada and has since become well-known as both a Canadian poet and writer.

Cosma has an impressive resume of works, and read from a wide variety of them throughout the evening. She started with one of the first works that she had published in English, 47 Poems. As she read the poems, she would also tell the listeners a little bit about each one, how they had started out and how they told a story within themselves but also within the bindings of the book. Though

very soft spoken, the words of Cosma's poetry seem to find meaning within all of her readers and listeners. The poems speak of emotions that we have all felt and experienced, moments in time that are poignant and can never be forgotten, and as she reads the poems the words seem to lift off the page and remind you of events in your own life, taking you on a journey as you follow the poem from beginning to end.

As she read from different books, she would tell us a little bit about them and how they had come into being – what the majority of the poems were about, where she had found the inspiration for them and other little tidbits of information that enhanced the experience of the poems by allowing us to know where they came from. We also heard about some of her life experiences, such as how she never expected to become published in Romania because they don't

have the same kind of respect for female authors as the people in North America do, and that getting her first book published there was a shock. One of the reasons that she had been so eager to come to Canada was a chance to start over and also to be able to share her writing with the world.

The first book that she had published in English was actually a collection of fairytales that she had written, because they were something that she always enjoyed and wanted to create them for other children as they had been created for her. It was published in 1990 and she has had over 10 books published in English since then. A majority of her books are poetry collections and she does consider herself mainly a poet, with forays into the worlds of fairytales, novels, and travel memoirs. Many of these have been translated into Romanian, and her work is starting to be translated

into Spanish as well.

In addition to writing, she has also worked as a radio and television sound director, and continues to work in this field as a producer, director and writer for TV documentaries. Her poetry has garnered her several awards over the year. In 2007 Cosma and Charles Siedlecki won third prize in the John Dryden Translation

Competition for their translation of Cosma's *In The Arms of The Father*, her poetry collection *Songs of the Aegean Sea* made the short list in the 2007 Canadian Aid Literacy Awards, and her poem *Cradle-Song* received an Honourable Mention Award. Her poem *The Season of Love* (Spanish and English versions) won first prize in Argentina, in the Bilingual Writers MCA, and she won a Canadian Scene National Award for the TV documen-



tary *"Romania: A Country At The Crossroads"* in 1991.

Her poetry is very unique and it comes from a different place. Her experiences in Romania and as an immigrant in Canada have provided her with a perspective different from many other Canadian authors, and it is something that you can see in her poetry. It was great getting to see a different Canadian perspective and honouring Cosma as a Canadian writer.

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**Mustafa  
Abdulhusein**  
Science &  
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Contrary to your first, post-title-reading inkling, I am not planning on writing a Dr. Seuss-style work of literary art. No, most certainly not. I don't even eat ham - let alone green eggs. No, rather SAD is an acronym often used in a medical environment, which stands for Seasonal Affective Disorder. Basically, it's a form of mild-depression. Now that the subject is clear, the silly 'jokes' leading this particular editorial entry now make perfect sense. Don't they? I was trying to lighten up the mood, as it were, before I delve myself into the particular of depression.

OK. I'm ready.

I'll tell you what first got me thinking about SAD and

depression. It was the reading week we just had, believe it or not. But believe it. I can think back to the 'good 'ol days' of first year, and the realization that we were to have one full week off of school. No labs, no class, no assignments and no mumps! (See the previous LAMBDA issue if that makes no sense) In my shocked and dizzied state of pure wonderment, I asked around, "Why good Sir/Madam, are we not coming to school next week?" Amazingly enough, some of my friends (yes, I call my friends Sir and Madam, respectively - based on their gender) told me that it was introduced as a way to curb suicide rates which peaked at this time of year in university students. Naturally, my journalist nose needed to have a sniff. Or a scratch. Either way, I wanted to find out more

about reading week and the reason it was started in the first place. So I started where all other university students start just about anything - Google.

Unfortunately, the most promising search result was from our good friend Wiki - which just gave a bland definition, and didn't go into the reasons of instituting a reading week. So, I started to look for more information regarding Seasonal Effective Disorder (SAD). This is a type of depression which is triggered by the seasons. Although most commonly occurring during the winter months, rare cases of SAD also take place in the summer. Symptoms generally begin in the later times of the season preceding (either fall or spring). Currently, the theories surrounding SAD have to do with the lack of light that

generally occurs in the winter months. In Canada, almost 50,000 people can be affected to varying degrees by SAD, and the risk tends to be higher in women than men, which also increases with age.

How do you tell if you are affected by SAD? Well, according to FamilyPhysician.org, symptoms are clues to the diagnosis, but not everyone who has SAD will experience the same symptoms. Common symptoms of winter-onset SAD include the following:

- A change in appetite, especially a craving for sweet or starchy foods
- Weight gain
- A drop in energy level
- Fatigue
- A tendency to oversleep
- Difficulty concentrating
- Irritability and anxiety
- Increased sensitivity to

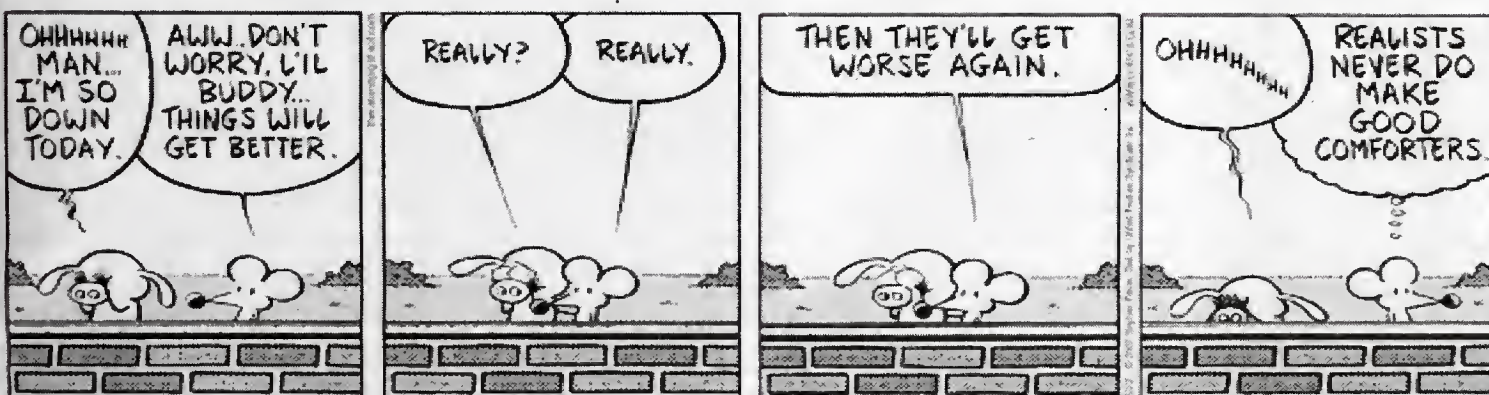
social rejection

- Avoidance of social situations and a loss of interest in the activities you used to enjoy'

Some of these are common occurrences in a university setting - especially around midterms - but at times these symptoms can persist and be affected by the environment. If it becomes something that you notice is having an obvious effect on your life, you should definitely see a family doctor.

The treatment for SAD is fairly similar to other types of depression. There are medications which can be prescribed which focus on inhibiting the re-uptake of neurotransmitters such as serotonin. Serotonin is produced (among other places) in the neurons of the central nervous system. Upon stimulation, serotonin is released into the synaptic cleft and allowed to interact with specific receptors on the post-synaptic neuron - thus continuing the transmission. Medications that deal with serotonin usually involve leaving serotonin in the synapse for an extended period of time, as opposed to being reabsorbed. That allows for greater transmission with the same amount of serotonin. However, medications are for serious or chronic bouts of depression. For SAD, getting more light will likely have an effect on the pineal gland (an organ involved in the body's circadian rhythms). The pineal gland produces melatonin - a process which is stimulated by darkness and inhibited by light. However, not all light is equal. You might be thinking to yourself - "Hmm, more light heh? Why don't I get a tan?" Well, because tanning is not the answer. The light used in tanning beds is composed of harmful UV rays, which can harm your eyes and your skin. Other ideas to help with SAD are simply aerobic exercises. Regular exercises have also shown to increase the amount of serotonin in the brain.

So, Laurentian, if you're down and depressed don't worry! Get OUT there - get some light, get some exercise. Don't forget the slew of outer activities like snowshoeing, skating, skiing, and this new and incredible activity I like to refer to as walking. According to the ground hog, only 4 more weeks to enjoy all that winter has to offer!



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# QUANTUM DOTS

Matt Strickland  
Lambda Writer

Again this week, Quantum Dots continues to do what it does best: sift through the tremendous amount of cool scientific discoveries from the past two weeks, pick out the gems, and present them for your reading pleasure.

## Extinct is no longer forever

When a species becomes extinct, the subject always seems surrounded with a certain amount of hush and solemnity. After all, we've been told for decades that "extinction is forever" and that, once gone, a species can never come back. Well, it's time to reprogram that part of your neural circuitry. Two weeks ago, a team of Spanish government scientists coordinated the birth of a Pyrenean ibex—a species of mountain goat officially declared extinct in the year 2000. They resurrected it using cloning techniques similar to those used to create Dolly—the first mammal cloned using run-of-the-mill body cells—as well as a frozen tissue specimen preserved from the last living Pyrenean ibex. Essentially, the researchers took the egg cells of domestic goats, removed their nucleus, and then fused them with a body cell from the preserved ibex tissue. It took 439 embryos and 57 implantations in surrogate mothers before they finally got a successful pregnancy. The catch, it has to be said, is that the newborn ibex that came into the world two weeks ago only lived for about seven minutes—thus also making it the first species to become extinct twice. Their work is still, obviously, under development, but this could be the beginning of a means of protecting endangered species and helping to rehabilitate entire populations which are on the verge of disappearance.

## Solar power with some hair on its chest

A Californian utilities company and an energy firm called BrightSource have announced plans to construct the largest-ever solar power installation. The idea is to build a series of facilities in the desert outside of Los

Angeles which should, by 2013, be supplying 1,300 megawatts of power. To put that into perspective, the Niagara Falls hydroelectric power plants produce about 1,600 megawatts and a large nuclear power plant can make around 5,000 megawatts. The utilities company undertaking the project is estimating that 850,000 homes in the L.A. region will run entirely from this solar energy. The design will not use what people traditionally picture when they think of solar energy—those shiny photovoltaic cells you have on your calculator or that hang off the side of communication satellites—but will be based on direct conversion of sunlight into heat. To do this, the designers are

planning an enormous array of mirrors that track the sun as it moves across the sky and focuses the light on a large boiler perched in a tower centred in the field. The tremendous amount of heat produced will be used to boil water and run a traditional steam turbine which, in turn, can be used to create electricity.

## They like big butts and they cannot lie

It seems that in the world of humpback whales at least, size really does matter. A group of researchers following breeding and calving humpback whales have shown that males have a definite preference for the largest females. The study was conducted in the late winter months when hump-

back whales assemble near shallow banks in order to mate. What skews things a little bit is that while males are always looking to breed, females will only seek to reproduce once every two to three years. As part of their courting behaviour, male humpbacks vie amongst themselves for the right to swim alongside a female. The position of "escort" is an intensely coveted one with reports of up to 40 males buzzing around a particularly desirable female. To compete for the job, the boys will put on large displays of aggression, lunging through the water, striking each other, and spreading their throat grooves in an attempt to look more menacing. Now although this may sound like

just an average day for a Laurentian engineering class, the similarities stop there. It just so happens that the vast majority of these displays are happening around the largest females—creatures that can measure over 50 feet long and weigh about 80,000 lbs. The biologists explained the preference rather simply: for whales, fat and tall is sexy because it translates into healthier calves. The largest female humpback whales gave birth to the largest babies, were better at nursing, and were more likely to provide care for their offspring. The same mate selection strategy has been described in many other animals including killer whales and many species of wasps

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Nicholas  
Ruscitti

Sports Editor

## Demolition at the Mecca

Is it too late for the Raptors to turn around a disaster season?

If you told me at the beginning of the 2008-09 NBA season that the New-Look Toronto Raptors would give up 127 points in a 30 point loss to the New York Knicks in February, I could only hope to imagine what my reaction would have been. I would probably question your sanity and follow it up by a polite recommendation to seek counselling. Well I would have been dead wrong.

A season that looked extremely optimistic for the Raptors has taken a downward spiral since the opening day tip-off and does-

n't look to be slowing down anytime soon. Just about everything that could go wrong has gone wrong. From the Sam Mitchell firing, to the injury bug, to the Jermaine O'neal experiment gone wrong, it looked like it couldn't get any worse for the Raptors. Wrong. After swinging a deal for Shawn Marion that saw Moon and O'neal pack their bags for south beach, Colangelo had high hopes for his new look club heading into the last part of the season. Unfortunately the downward spiral continued on Friday night at MSG in an embarrassing loss that Raptors commentator Matt Devlin described as the

"Demolition at the Mecca".

In a game that undoubtedly had Spike Lee jumping out of his courtside seat, the bright spots for the Raptors were few and far between. Recent acquisition Shawn Marion had another impressive game in his second start for the Raptors with 14 points and 12 rebounds. Joey Graham also had a strong performance as he is beginning to show signs of becoming a consistent player for the Raptors leading the team in scoring tonight with 19 points. But as "The Coach" Jack Armstrong ferociously alluded to at the end of the game, "the box score doesn't mean a blessed thing!" The Raptors' lack of intensity and desire is the most concerning thing for the Raptors' followers and it was evident in this embarrassing loss, as Nate Robinson (5 foot 8 Guard; arguably the most arrogant and irritating player in the NBA) willingly intimidated the likes of Andrea Bargnani (7 foot centre) and Chris Bosh (6 foot 11 power forward). Enough said.

The bottom line is that the Raptors just don't have what it takes to contend in the NBA playoffs. They may have just enough skill to compete but they lack the intangibles. They lack the intensity it takes to compete and it has been extremely visible in the two recent post-season

defeats and throughout the 08-09 season. It is as if they lack the passion and the desire for the game itself. It goes without saying that the fan-base of the Toronto Raptors is one of the most passionate and loyal in the NBA. It is a crying shame that the team doesn't bring the same type of passion, intensity and pride to each game that the fans do.

And as the rumours circulate about Bosh's exit plan in 2010, it's only normal to imagine what it must be like to be in

Chris' shoes. Wait a second. 14 million dollars and an extended offseason/vacation (assuming the Raptors don't make the playoffs). I'll trade shoes with Chris in a New York minute (no pun intended). As a matter of fact, I'll even trade shoes with Nathan Jawai who is making close to 500 thousand dollars a year (more than



Robinson celebrates a monster night at Madison Square Garden.

most doctors and surgeons) to sit on the bench. It's pretty annoying when you put it in perspective isn't it? Now if you will excuse me, I'm going to make like Jack Armstrong and get myself a "smooth MGD" while I think about the future of this ball club. "HELLO!"



Raptors commentators Jack Armstrong and Matt Devlin disgruntled after an embarrassing loss in the Big Apple.

## Sundin's fairy-tale finish gives Canucks 3-2 win

Dan Rosen  
NHL.com Staff Writer

If the script that played out here at the Air Canada Centre were turned into a movie, the writer would wind up in Hollywood collecting an Oscar.

It was too good to be true. But this was no fictional tale -- it actually happened.

Mats Sundin got to say goodbye to 19,504 adoring fans in this emotionally-charged building Saturday night with a kiss, a wave and a bow after skating onto the ice as the game's first star.

As if it were meant to be, the former Toronto Maple Leafs' captain and the franchise's all-time leading scorer got the shootout winner to lift the visiting Vancouver Canucks to a 3-2 victory over his old mates in one of the most entertaining games of the season.

At no other time in recent history has Leafs Nation stood as one and cheered for an opposing player like it did Saturday night. It was the rarest of sights in the capital of hockey and something Sundin will never, ever forget.

"All the battles and everything we've gone through the last 13 years with the Leafs, the ups and downs, disappointments and happiness, a lot of feelings come to

mind when you come on the ice," Sundin said. "The ovation from the fans was very special. I'll remember that forever."

Well before the puck and the game rested on his stick, Sundin had to fight back tears as the fans saluted him with a two-minute standing ovation early in the first period.

A video tribute in honor of Sundin played on the ACC scoreboard during the first television timeout. As soon as the tribute began, the crowd stood as one and began cheering and hollering for their former leader.

If there were boos, they were drowned out by the roaring ovation.

Sundin, pictured on the video board sitting on the bench, stood up and gave a wave to the crowd, but he wasn't going to get away with doing so little.

"I had to tell Mats to stand up. I don't think he was really quite sure how to react there," Vancouver coach Alain Vigneault said. "He did stand up and went on the ice and it was a good moment. It was a good moment to be a part of as a player and as a staff."

Sundin's linemates, Pavol Demitra and Ryan Kesler, were already on the ice, so he hopped over the boards -- and the roar from the crowd grew even loud-

er. Sundin stood by himself near the Canucks bench taking it all in. Finally, the players moved down the ice to the right circle in Toronto's defensive zone, but Matt Stajan, the Leafs center who was supposed to take the draw against Sundin, let his old teammate stand in the circle by himself. The lineman with the puck, Mark Pare, waited to call Stajan into the circle until well after CBC returned from the break.

At this point, the fans were still standing and the noise had reached its peak. Sundin was visibly emotional as he began to well up.

"There's no doubt about that," he said. "There were tears coming. It was very special."

Pare finally called Stajan into the circle. Stajan, like the rest of the players, was tapping his stick on the ice throughout the entire emotional ovation. It's the universal sign of respect and admiration from one hockey player to another.

Vigneault said everyone on the Canucks bench was caught up in the moment, too.

"I really thought when they had the tribute on the video and the ovation Mats got was outstanding," the coach said. "It showed a lot of class from the people that were here at the game. I think it was well-deserved."

The smattering of boos Sundin heard each time he touched the puck was a reminder from the fans that they still aren't completely over last season and the way he finished his career in Toronto.

Sundin was vilified by a faction of Leafs Nation for choosing not to wave his no-trade clause because he would have fetched a decent return for the team entering the inevitable rebuilding phase.

"I understand why he decided to stay with his team last year," Vigneault said. "He was captain and he thought they had a shot at making the playoffs. It's simple, honest and that's what he did."

It was also obvious from the moment he came out for warmups that many fans have not been given enough credit for forgiving Sundin. Fans held up signs that read, "We Love You Mats," and "Thank You Mats."

"With everything that has been going on since the deadline, it was very special," Sundin stressed. "Of course, I will remember that for the rest of my life."

Especially for how the night ended.

Perhaps Vigneault knew something when he wrote Sundin's name third on the shootout card. He had Pavol Demitra first and

another ex-Leaf, Kyle Wellwood, as his No. 2 shooter.

Jason Blake was stopped by Vancouver goalie Roberto Luongo and Demitra came down and scored on Vesa Toskala. Niklas Hagman missed to start Round 2, giving Wellwood a chance to win it.

As if that was going to happen on this night.

"Kyle could have ended it if he had the shot," Vigneault said, "but it was a dramatic finish."

Wellwood missed and Mikhail Grabovski scored, giving Sundin a chance to break the tie and win the game in the third round. With the crowd roaring, Sundin skated in on Toskala, switched to his backhand and beat his former mate.

Sundin was mobbed on the ice by his current teammates as Toskala quickly exited the stage. The fans stayed, standing and cheering until Sundin was announced as the first star.

"It's just one of those nights where you give a guy a chance like that and you know he's going to be able to score," Wellwood said.

Yes, one of those nights, one of those amazing scripts that was written live.

The beauty of sports.

"It was a perfect ending," Luongo said.



## Intramural 3 x 3 Basketball Tournaments- A Great Success!

**Hilary Kilbreath**  
Intramural 3x3 Basketball  
Convenor

During this year's 3 x 3 Intramural Basketball Tournament, 20 teams participated in either the Men's, Women's or COED Tournaments. Some unique twists were added to make this year's set of 3 x 3 Basketball Tournaments a successful and exciting event. During each tournament, all of the players voted for someone who they thought displayed the most sportsmanship. The person who received the most votes was awarded with the title of the Sportsmanship Award and a prize from our supportive sponsors. During the Men's and Women's tournaments, there was a Bump competition where each winner received a prize. During the COED tournament, a free throw competition took place at break time and the winner of this also received a prize from one of our sponsors.

In the Women's Tournament, 'The Ballers' went undefeated to claim the title of the Women's Intramural 3 x 3 Basketball Tournament while 'U. of S Girls' followed closely behind in second place. The recipient of the Sportsmanship award was Suzanne Sersesse who displayed a large amount of team encouragement, spirit, and enthusiasm. The winner of the bump competition was Kayla Ellesfen and received a prize from one of our generous sponsors. Megan Tebogat was voted fellow players as the MVP of the Women's tournament.

In the Men's Tournament, 'Team Man Eating Squirrels' won the tournament after defeating 'Shox Factor' by a score of 20-16. The sportsmanship award was presented to Kyle Ellis and Tom Lin who were

both leaders on and off the court and were very enthusiastic throughout the night. John Hillier was the winner of the bump competition who was able to outshoot and out bump the other participants. Jordan Sims was voted MVP for the Men's tournament by fellow players.

In the COED Tournament, 'Team Raps' defeated team 'ADVL' to win the tournament by a close score of 32-28. Ainsley Farr and Andy Sekora both received the sportsmanship award by always being positive, outgoing, and encouraged others throughout the tournament. The winners of the free throw competition were Spencer Tackaberry and Kyra Luckasavitch who were able to outshoot and outscore their fellow players. Gavin Howe was voted as MVP for the COED tournament by all of his peers.

This year's set of 3 x 3 Basketball tournaments were a great success and would not have been without the generous support of our sponsors, the Department of Active Living, our peers, and participants. We would like to thank our sponsors for their generous donations that were used for our fantastic prizes for the sportsmanship award and competitions. Cranky Joe's was a major sponsor for this event who provided a \$10 coupon to all participants in each of the tournaments. Refreshments were also provided to the participants with compliments of Vrab's Independent Grocer and Regency Bakeries. Prizes were provided by Deluxe, Bulk Barn, Starbucks, A Moment for You, Silhouette Skin Care, Gongga's Grill on Regent, Shopper's, Tim Horton's, and The Raptor's Organization. Thank-you to all who participated in this year's 3 x 3 Basketball tournaments and we hope you will all participate in next year's 3 x 3 Basketball Tournaments.

## The ultimate stomach punch: A-Rod sets MLB back years

**Jared Book**  
The Concordian

You know the feeling when a secret you wish no one finds out is suddenly discovered? Like someone just punched you in the stomach? Like all the air has escaped your body, leaving you gasping?

Well, imagine how Major League Baseball felt this past weekend when Sports Illustrated reported that Alex Rodriguez tested positive for steroids in 2003.

Now, it wasn't an official drug test – it was in Major League Baseball's trial run to see if drug testing was actually necessary – which means he faces no disciplinary action.

Yes, Alex Rodriguez, the man people looked to as the guy who would wipe the cheat Barry Bonds from the record books so baseball could have a clean home run king. The face of baseball, and the man – despite his playoff failures and oft-publicized personal life – many consider the best all-around player in the league, was not clean.

I do not feel bad for Major League Baseball or Alex Rodriguez. They both knew about the failed drug test and according to reports, if the MLB Players Association did what they were supposed to do, the names would have been thrown out five years ago. But they weren't, and the leak happened.

I was definitely naive. I really thought Rodriguez was a genuine talent in a world full of steroid users. Shame on me. I should have known better. I should know better. I never respected A-Rod – or A-Fraud or A-Roid – but I thought he was clean – a talented mix of power and speed.

He's still talented. After all, steroids don't help your hand-eye coordination. He wasn't always a steroid user, much like Barry Bonds. In fact, minus a few record-breaking seasons – so far

– their careers may be a perfect match. Oh, the irony.

The big problem for baseball is that they were so close to having a fresh, clean start. The biggest trouble-makers – Bonds, Roger Clemens, Sammy Sosa, Mark McGwire – are gone. The biggest memories of the steroid era were gone. To be forgotten. This changes all of that.

Where does this leave baseball? Who does it market its game around now?

Derek Jeter? Too old. Manny Ramirez? He doesn't even have a team. To me, it looks like baseball has no great superstar. They have great players – Josh Hamilton, Ryan Howard, Tim Lincecum, Evan Longoria – but no superstars.

A lot of people suspected A-Rod of 'roiding long before the test results were leaked. There are some people who will assume everyone is guilty, and honestly that's what baseball deserves at this point.

Baseball is struggling. It has the lowest percentage of African Americans playing since the 1970s. It's losing its place as America's pastime. Most people find the game too boring and its audience – like radio's – is aging.

I'm a baseball fan. I was an Expos fan before I was a Montreal Canadiens hockey fan, and I played baseball as a kid. It hurts me that baseball has taken a turn like this. However, I will still watch it.

I still go to games whenever I can – it's just a little more than a trip down the green line now. But, I'm in the minority. People are getting turned off of the game because of the steroids. They are getting turned off of the game because in a society of fast and exciting, it's slow and methodical.

Having their most marketable star test positive less than a week before pitchers and catchers report to spring training does nothing to improve that.

February 2009



Février 2009

Jeno Tihanyi Olympic Gold Pool

Piscine d'or olympique Jeno Tihanyi

Sunday-Dimanche	Monday-Lundi	Tuesday-Mardi	Wednesday-Mercredi	Thursday-Jeudi	Friday-Vendredi	Saturday-Samedi
7:00am-8:00am 8:30am-9:30am	7:30am-8:30am 9:00am-10:00am 10:30am-11:30am	7:30am-8:30am 9:00am-10:00am 10:30am-11:30am	7:30am-8:30am 9:00am-10:00am 10:30am-11:30am	7:30am-8:30am 9:00am-10:00am 10:30am-11:30am	7:30am-8:30am 9:00am-10:00am 10:30am-11:30am	7:30am-8:30am 9:00am-10:00am 10:30am-11:30am

CRUISE NETS:  
Pool 18 -  
7:30am-8:30am  
9:00am-10:00am



Gymnasium Hours

Disponibilité des gymnases

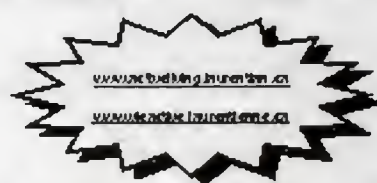
Sunday-Dimanche	Monday-Lundi	Tuesday-Mardi	Wednesday-Mercredi	Thursday-Jeudi	Friday-Vendredi	Saturday-Samedi
7:00am-10:00am	8:00am-11:00am	8:00am-11:00am	8:00am-11:00am	8:00am-11:00am	8:30am-11:00am	7:00am-10:00am

Reservations: 508-253-1234  
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6:30am-9:30am A/V/V	4:30pm-6:30pm A	4:30pm-6:30pm A	4:30pm-6:30pm A	4:30pm-6:30pm A	4:30pm-6:30pm A	
	6:30pm-8:30pm V	6:30pm-8:30pm A	6:30pm-8:30pm A	6:30pm-8:30pm V		

Legend:

A - Available  
V - Varsity  
V - Varsity



A & B gym - wood floor



C & D gym



## NORDIC SKI TEAM FINDS SUCCESS AT OUA CHAMPIONSHIPS

The Laurentian Voyageurs men's and women's Nordic skiing teams had some positive results this past weekend at the OUA championships in Haliburton. Victor Wiltmann was the top men's finisher in both the freestyle and classic races and Julie Porter had top 10 finishes in both races for the women's team. Porter was also named an OUA All-Star.

The meet began on Saturday, February 21 with the men's 10 kilometre freestyle race. Victor Wiltmann (Dillon, Ont.) was the top finisher for the Voyageurs as he placed 11th in a time of 26:08.4. The Voyageurs men's side also had two other skiers in the top 15. Matt Strickland (Oxtongue Lake, Ont.) finished 14th in a time of 26:35.1 and Konrad Wiltmann (Dillon) was right behind him in 15th in a time of 26:35.9. The women com-

peted right after the men in their five kilometre freestyle race without Mary Thompson (Woodstock, Ont.) who was competing for Canada in China at the University Games. The Lady Vees had a top 10 performance from Julie Porter (Caledon East, Ont.) as she placed seventh in a time of 15:07.6. Laurentian also saw a top 15 performance from Janel Sauder (St. Mary's, Ont.) who finished 11th in a time of 15:25.3. The day finished up with the men's and women's relay races. The Laurentian A men's relay team was the top team out of the two Laurentian teams as they finished 5th. The Laurentian B team finished in 10th place. On the women's side, the relay team finished 4th, just shy of a bronze medal.

On Sunday, February 22, the OUA championships fin-

ished up with a pair of mass start races. The women began the day with their 10 kilometre classic race. Porter again finished in the top 10, this time in 10th place, and was named an OUA All-Star as a result. In the men's 15 kilometre classic, Victor Wiltmann was the fastest Voyageur for the second straight day, finishing in 13th place in a time of 50:47.5. The Laurentian Voyageurs men's and women's Nordic skiing teams competed at the OUA championships this past weekend on Saturday, February 21 and Sunday, February 22. The team saw a strong performance from Julie Porter who finished in the top 10 in both races and was named an OUA All-Star. The season is now over for both teams and they will look to improve on their personal best times over the offseason.

Stay tuned to

www.luvoyageurs.com for news about the Nordic skiing teams over the summer months.

### Laurentian Nordic Skiing Results

#### Men's 10 km Freestyle

11th, Victor Wiltmann, 26:08.4

14th, Matt Strickland, 26:35.1

15th, Konrad Wiltmann, 26:35.9

20th, Dave Endleman, 27:23.5

22nd, James Larmer, 27:35.3

39th, Roderick Purzner, 30:51.8

40th, Russ Hanson, 31:01.4

#### Women's 5 km Freestyle

7th, Julie Porter, 15:07.6

11th, Janel Sauder, 15:25.3

17th, Julia Winter, 15:50.7

24th, Aden Beresford, 16:29.9

#### Men's Relay

5th, Laurentian A, 45:53.0

10th, Laurentian B, 49:19.4

#### Women's Relay

4th, Laurentian, 26:10.9

#### Women's 10 km Classic Mass Start

10th, Julie Porter, 39:00.9

18th, Julia Winter, 40:53.2

19th, Janel Sauder, 41:26.0

20th, Aden Beresford, 41:30.6

#### Men's 15 km Classic Mass Start

13th, Victor Wiltmann, 50:47.5

16th, Matt Strickland, 51:07.2

24th, Dave Endleman, 52:34.8

26th, James Larmer, 52:45.4

29th, Konrad Wiltmann, 53:41.7

41st, Roderick Purzner, 58:12.0

42nd, Russ Hanson, 58:19.0

## LIONS EAT UP VOYAGEURS IN SEASON FINALE; LOSE 86-64

After playing some of their best, and most consistent basketball to date in the last few weeks, the Voyageurs took to the court in their final game of the season with everything on the line. A win by nine points or more, or a win by two to eight points, coupled with an RMC win over Queen's, assured the Laurentian men a spot in the second season. Despite a 15 point, 13 rebound performance from senior, Alex Whiteman, the Voyageurs fell at the hands of a hungry York Lions team, 86-64.

The first quarter kicked off with a three ball from York's John Lafontaine (Whitby, Ont.), which got York off to a quick 5-0 lead. Paul Kovacs (Barrie, Ont.) would cut in to that lead quickly with a three ball of his own. After the pace had slowed for a stretch, Matas Tirilis (Mississauga, Ont.) would put the Voyageurs on top with a bucket in the paint with 4:30 left in the quarter. York would not falter after falling down; however, as the Lions went on an 8-0 after the Tirilis bucket to close out the quarter leading by four, 20-16.

The second frame was somewhat similar to the opening ten minutes, as neither side would go on any significant runs, however Laurentian began committing a number of sloppy turnovers, letting York build to their lead. Laurentian would stay with the Lions, due in large part to Whiteman (North Vancouver, B.C.) who put up nine straight points for the Voyageurs, and dominated the glass. As impressive as Whiteman was in the frame, the combination of York's David Tyndale (Mississauga, Ont.) at the guard position, and Stefan Haynes (North York, Ont.) inside, were more than up to the task, putting up 20 and 19 points respectively. At the end of 20 minutes, the Lions had extended their lead to nine, 40-31.

Alex Whiteman picked up right where he left off to start the second half, hitting a baby hook in the paint for two more of his team high 15 points. Unfortunately, once again the Voyageurs were unable to take care of the ball, giving up a number of costly turnovers, which resulted in York points. The two sides would continue to trade baskets throughout much of the quarter, until the Lions went on a tear to open up a 14 point lead, going in to the final quarter up 64-50.

The final frame would need some magic from the Voyageurs; however it was not in the cards. York came out determined to put the game to bed, and punch their ticket to the post season, opening up the frame with a crushing 14-3 run. Laurentian would try to make a game of it, and keep the score close, but with the post season out of reach, there was no intensity left on the floor, and the Lions were able to walk away with an 86-64 victory, and a playoff berth, ending a disappointing season for the Voyageurs. "It was the way we looked after the ball. We had 29 turnovers, and when you have that many turnovers, well, you're not going to win any games," remarked head coach Shawn Swords. "Next year we can come in and be ready to play with the guys we have. It should be good."

This marked the final game of the season for the Voyageurs, a season which gave us flashes of brilliance, including the huge upset win over Windsor, and a Cinderella push towards the post season. With a number of returning players next season, the Voyageurs will look to build off of the strong play they showed in the final weeks of this season, and lead Laurentian to a playoff berth.

## LAURENTIAN'S BUMSTEAD, MCCONNELL RECEIVE OUA HONOURS

Ontario University Athletics (OUA) is pleased to announce the 2008-09 women's East Division basketball All-Stars and major award winners.

Fourth-year guard Alaine Hutton (Hamilton, Ont.) of the Toronto Varsity Blues is the OUA East Division Player of the Year. She finished the regular season tied for second in OUA scoring with 392 points, an average of 17.8 points per game. The Varsity Blues had the best record in the East Division in 2008-09 at 17-5. Hutton also headlines the OUA East Division First Team All-Stars, presented by Wilson Sports Equipment Canada.

Carleton Ravens fourth-year guard Tanya Perry (Barrie, Ont.) is the OUA East Division Defensive Player of the Year. She finished the season tied for third in the division with 4.05 turnovers per game and fifth in the East with 108 defensive rebounds. The Ravens finished the regular season in third place in the East Division with a 14-8 record. Perry is also a member of the OUA East Division Second Team All-Stars.

Forward Abby Edmisson (Carleton Place, Ont.) of the Royal Military College Paladins is the OUA East Division Rookie of the Year. Edmisson scored 155 points while securing 144 rebounds in her first OUA season. Edmisson's field goal percentage was 37.3 for the season, as she was successful on 66-of-177 shots. She along with her teammates celebrated RMC's first women's basketball victory in school history in early February, ending a 128-game losing streak. Edmisson is also a member of the East All-Rookie team.

Laurentian Lady Vees fifth-year forward Amanda McConnell (Regina, Sask.) is the Joy Bellinger Award of Merit winner. McConnell has endured through personal adversity, losing her mother to breast cancer in her first season with the Lady Vees. McConnell responded to this tragedy by doing all she can to support cancer

research, including Run for the Cure and Women's Basketball Coaches Association "Think Pink" breast cancer fundraising events. As President of the Laurentian Athletic Council, McConnell has spearheaded food drives, organized Christmas baskets for the less fortunate, organized health and fitness programs in local schools, and reading to local elementary school children.


Ottawa Gee-Gees head coach Andy Sparks is the OUA East Division Coach of the Year. The first-year head coach of the Gee-Gees sparked an incredible turnaround for Ottawa, as the team finished with a 15-7 record following a 3-19 mark last season.

Other members of the East Division First Team All-Stars alongside Hutton is Varsity Blues teammate Nicki Schutz (Toronto, Ont.), crosstown rival Laura MacCallum (Paris, Ont.) of the York Lions, Brittany Moore (Hannon, Ont.) of the Queen's Gaels and Ines Jelic (London, Ont.) of the Ravens.

MacCallum, a fifth-year guard, led OUA in scoring with 398 points, an average of 18.1 per game. Schutz was among the league leaders in with 362 points and 258 rebounds. Moore finished tied for second in OUA with Hutton with 392 points, while Jelic was fifth in the division in field-goal percentage at 46.9 percent. Joining Perry as East Division Second Team All-Stars are Emilie Morasse (Quebec City, Que.) of the Gee-Gees, Darrah Bumstead (New Hamburg, Ont.) of the Lady Vees, Sharlene Harding (Brampton, Ont.) of the Paladins and Jenny Hobbs (Burlington, Ont.) of the Ryerson Rams.

The East Division All-Rookie team is comprised of Edmisson, Alyson Bush (Ottawa, Ont.) and Kendall MacLeod (Brockville, Ont.) of the Ravens, Emily Perras (Lindsay, Ont.) of the Lions and Angela Tilk (Welland, Ont.) of the Rams.





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